

## Cereals

(12 oz Box or Larger)



Cereal		Cereal		
18 oz	+	18 oz	=	36 oz

Cereal		Cereal		
20 oz	+	16 oz	=	36 oz

Cereal		Cereal		
24 oz	+	12 oz	=	36 oz

Cereal		Cereal		Cereal	
12 oz	+	12 oz	+	12 oz	= 36 oz

## Juices

All Juices Must be 100% Juice

### Juicy Juice - All Flavors



46 oz Fluid Can



11.5 oz Liquid Concentrate

### Grape Juice - Frozen Concentrate



Welch's, 11.5 oz  
Yellow Stripe Only



Welch's White Grape, 11.5 oz  
Yellow Stripe Only

### Apple Juice - Frozen Concentrate



Seneca, 12 oz  
Red Can Only



Shaw's, 12 oz



IGA, 12 oz



Stop & Shop, 12 oz

100% Orange  
or Grapefruit Juice  
Any Brand

100% Pineapple Juice  
Any Brand  
Vitamin C Fortified



46 oz Fluid Can  
12 oz Frozen Concentrate



46 oz Fluid Can  
12 oz Frozen Concentrate

Juice		Juice	
46 oz	+	46 oz	

Juice			
12 oz	+	Juice	
		12 oz	

Juice			
46 oz	+	Juice	
		12 oz	

## Milk

Whole, Low Fat or Nonfat



Store Brand or  
Least Expensive Brand

## Cheese



**American, Cheddar, Colby, Monterey Jack,  
Mozzarella, Muenster or Provolone**

Any Brand  
One Package Only, Up to 16 oz  
Sliced, Shredded or Block. No Individually Wrapped Slices.  
Domestic Cheese Only. No Imported Cheese.

## Eggs



Least Expensive Brand  
Grade A Large  
Brown or White

## Peanut Butter



Any Brand  
Smooth or Chunky  
No Added Honey or Jelly  
18 oz Jar

## Dried Beans, Peas or Lentils



Any Brand  
1 lb bag  
No Flavorings

## Tuna



Least Expensive Brand  
Chunk Light Tuna  
6 to 6 1/2 oz Can Only

## Carrots



Any Brand  
1 lb Bag Fresh Carrots or  
14 to 16 oz Canned Sliced Carrots

## Infant Cereal



Any Brand  
Rice, Oatmeal, Mixed, or Barley  
8 oz or 16 oz Box Only  
No Added Formula or Fruit

## Infant Formula



Concentrate or Powder Infant Formula  
As Listed on WIC Check

For more information, call the  
Family Health Information Line at 1-800-942-7434

*This institution is an equal opportunity provider.*



# Rhode Island WIC Approved Food Guide

August 2001

MAKE HEALTH PART OF YOUR FAMILY  
RHODE ISLAND DEPARTMENT OF HEALTH